

## DRUG ADDICTION AND ITS ACADEMIC IMPLICATIONS AMONG SECONDARY SCHOOL STUDENTS IN ILORIN SOUTH LOCAL GOVERNMENT OF KWARA STATE, NIGERIA.

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### ABSTRACT

This study is on drug addiction and its academic implications. It was carried out in selected secondary schools in Ilorin South Local Government of Kwara State, Nigeria. Two hundred participants were randomly chosen for the study. A self-reporting questionnaire was used for data collection and the result of the study revealed some causes of drug addiction by the students which included parental influence, school related factors, societal, peer-group effects and governmental factors. It is therefore recommended that parents, teachers, counselors, religious leaders, law enforcement organizations and interested individuals should be involved in all measures to curb the menace of drug abuse in the society especially the schools as the youths of today may become a source of sorrow to the family and society tomorrow.

**KEY WORDS :** Substance abuse , social vices , environmental factors ,

### INTRODUCTION

Drug addiction is the continuous uncontrolled, compulsive use of a drug not only to include intoxication but also to avoid the tortures of withdrawal while drug abuse is the taking of drugs or a deliberate use of drugs for purposes other than its intended purpose without the supervision of a physician or a medical practitioner. Despite the unrelenting effort of individuals, agencies, mass media and the government at different levels against drug abuse, the prevalent practice among Post-Primary school students, teenagers and even adults in the community has not decreased but rather continued to increase , one would not be surprised of what may be going on even at the primary schools today.

Drug abuse/addiction has gone a long way to create several health problems and dangers in our societies. Such health problems include mental illness, cancer of the lungs, school drop-outs, juvenile delinquency, and delirious behaviors, etc. the alarming rate of mental illness in our society/streets today whereby drug addiction is a major predisposing factor becomes a concern. No wonder, conclusion has been drawn to the fact that the factors leading to the victims' exposure are quite common, this includes the consumption of dangerous drugs during cultural and other festivities either at schools or homes during sports or athletic competitions among students, as these students exposed themselves to practicing drug abuse. Students' involvement in cultism cannot be undermined as some put up some irrational acts.

Students' consumption of drugs during examination for the purpose of alertness is also very common; also these adolescent periods are the periods of chasing the opposite sex which most of them cannot ordinarily do without the use of some drugs and during social gathering, the timid types purposely take some drugs to enable them become bold. The abuse of these drugs which leads to addiction among these Post-primary school students gradually progresses to cause a host of evil happenings in our society such as incessant occurrence of road traffic accidents as a result of effects of these substances in fact some students breakdown during examinations leading to failure and eventual drop-outs, some become rude and arrogant to teachers and parents and occasionally causing riots and chaos in their schools or campuses while some grow up to become criminal in the society landing them in prison-yards.

Mentally derailed individuals on our streets, broken homes and neurotic personality individuals have been on the increase. Drug addiction described by Kobiowu (2006) is the inability of person to control his use of a substance/drug. He said further that for an addict, drug use is more than a habit, his desire for the drug also involves physical dependence i.e. an addict suffers a painful withdrawal illness if he stops the use of the drug. Substance abuse has become a national and international problem of gigantic proportions and in some ways, affect every member of the society and all sectors either directly or indirectly. More than 90% of adolescents in the United States of America would have consumed alcohol at a time before graduating from High School, 50% would have

consumed marijuana, 17% would have consumed cocaine and 12% hallucinogens. And of the 25,000 accidental deaths among youths annually approximately 40% are alcohol-related. (Asperheim 1992, Suchman and Suniya 2007)

Evidence from literature established that the majority of people with addictive problems are dependent on alcohol or narcotic drugs (Mickey, 1994). David (1989) asserted that when addicts are deprived of their drugs, they experience an abstinence syndrome typified by objective signs of distress including loss of weight, cardiovascular changes, and gastrointestinal distress and in some cases of alcohol dependence, psychoses and seizures.

Bozarth (2001) viewed addiction as a behavioral pattern of compulsive drug use characterized by overwhelming involvement with the use of a drug. A psychiatrist said that most therapists today believe that an addict is diseased and cannot control his or her drug use anymore than a cancer victim can control the growth of a tumor. He went further that the addicts should not be absolved of their responsibilities by convincing them they have a permanent disease that can be managed but can never be cured. David (1989) said that a 43 year-old secretary develops chronic bronchitis and decides to give up her habit of smoking two packs of cigarette each day and then decides to switch to a low tar cigarette, but finds out that she smokes more cigarettes every day. When she decides to simply stop smoking, she becomes extremely agitated and nervous, then develops severe headache so this discourages her from ever thinking of stopping smoking.

Aronson, Akert and Wilson (2006) said drug dependence involves compulsive drug seeking behavior while psychological dependence involves feelings of satisfaction and pleasure from taking the drug. These feelings perceived as extremely desirable by the drug-dependent person contribute to acute intoxication, development and maintenance of drug abuse patterns and return to drug taking behaviour after periods of abstinence. Gossop (2003) explains that physical effects of dependence on drugs include body aches, hot or feverish feeling, perspiration, nausea, nasal discharges, muscle cramps, tremors, and irritability. He went further to say that all these effects produce anxiety, restlessness and insecurity, and that drug is sought to obtain relief from distress.

Children who try drugs or alcohol before age 15 run the greater risk of being substance-dependent adults, contracting sexually transmitted disease, dropping out of school or being convicted of a crime. And girls who dabble in drugs and alcohol early on are more likely to become pregnant before they are 21, added the study, published in the October issue of Psychological Science, which followed 1,037 children from the age of three until 32. At ages 13 and 15, the youngsters were asked if they had snuffed glue, gasoline or other inhalants, or if they had used illegal drugs or drunk alcoholic beverages in the past year.

The children were also assessed for conduct disorders- fighting, bullying, destroying property, telling lies, truancy and stealing- before their teen years, and their family history, including whether either parent had a criminal record and whether the child was mistreated.

Children who tried alcohol or drugs early “were two or three times more likely than non-early-exposed adolescents to be substance dependent, to have herpes infection, to have had an early pregnancy and to have failed to obtain educational qualifications. The study showed that youngsters who were exposed to drugs and alcohol before 15 also had “significantly more criminal convictions” than those who were not. However, though teens with a history of behavioral problems were twice as likely to try drugs or alcohol prior to age 15 as were youngsters with no conduct-problem history, half the children who dabbled with drinks and drugs early on had no prior history of behavior issues. (The NEWS, 2008)

#### *Statement of the problem*

The alarming rate of mental misbehaviors on our streets today and undue irrational acts of the students have prompted the researchers to carry out this scholarly work on implications of drug addiction on academic performance among selected secondary school students of Ilorin South Local Government of Kwara State, Nigeria. Victims of drug addiction have posed to our society at large mental and social problems.

#### *Hypotheses*

1. It is expected that parental care would significantly influence the involvement of students in drug addiction.
2. It is expected that uncontrolled drug peddlers would significantly increase the students' involvement in drug addiction.
3. It is expected that peer groups would significantly enhance the participation of students in drug addiction.
4. It is expected that fear of examinations would significantly increase the involvement of students in drug addiction.
5. It is expected that adolescent problems would significantly enhance the involvement of students in drug addiction.

#### **METHODS**

This is a descriptive study to investigate drug addiction and its academic implications among selected Secondary School Students in Ilorin South Local Government of Kwara State, Nigeria.

#### *Population*

The target population for this study was all the Secondary School Students in Ilorin South Local Government of Kwara State, Nigeria.

#### *Sample and Sampling technique*

Ilorin South Local Government is one of the Sixteen Local Government Areas in Kwara State, Nigeria, situated in the central part of the state. The Local Government was divided into Eight (8) administrative areas for the purpose of this research, a Secondary School was selected in each area while the participants were chosen from Senior Secondary Classes one to three as they were expected to have more exposure than the Junior Classes. Twenty-five (25) students were randomly selected by balloting from each Secondary School selected for the research while a total number of Two-hundred (200) students were used for the study.

#### *Instruments of Data collection*

Data were collected from the eight Secondary Schools selected for the study. The instrument was a self-reported 200 questionnaire distributed to the students of the selected schools with the assistance of the Heads of the schools through their delegated staff.

#### *Procedure*

The Local Government area used for the study was divided to eight clusters, where a secondary was selected by balloting. The researchers employed the services of four research assistants so that each of the research assistant took charge of two schools for effective administration of the instrument. The research assistants were trained by the researchers in order for them to work effectively and coherently to meet the objectives of the study while the researchers supervised the research assistants to ensure thoroughness in the discharge of their duties. The instrument was administered at different two days since the four research assistants took charge of two days each.

The researchers had previously met the Executive Chairman of the Local Government for official permission to conduct the study which was expressly granted as the Executive Chairman and Ethical committee members were convinced of the study as a way of solving the problems of illicit use of drugs by the youths of this generation vastly eroding the dividends of democracy in Nigeria.

The head of department of education in the Local Government being a member of the ethical committee made the work easier and the designated secondary schools accessible for the researchers and the assistants with ease. The Local Government further issued an approval /letter of introduction to the researchers for the selected schools which was of tremendous assistance. The school heads were met by the researcher and assistants formally where meetings were held to solicit for their assistance and cooperation of both the teachers and students, it was at this meeting that dates were fixed for the administration of the questionnaire to the participants.

On the day of administration of the instrument, the school had arranged for the selected classes i.e. senior secondary students ( Classes 1 – 3, being senior students expected to have more exposure either negatively or positively) to be

met by the researchers and the assistants ,where they were explained to the aims of the study, the procedure and for their informed consents to be obtained, after answering several questions posed by these students, they consented to the study. Balloting was done to decide the participants per stream and finally twenty – five students were selected from each school i.e. eight ( 8 )participants from SSS 1 and 2 each and nine (9) participants from SSS 3 ( 8+8+9=25 ).The selected participants freely completed the questionnaire within 30 min for the exercise during their break time. They were thanked and assured of feedback and letter of appreciation was written to the Executive Chairman of the Local Government, head of department of education, ethical committee and heads of schools with their students for their cooperation and assistance.

#### *Techniques of data analysis*

All the data collected were analyzed using descriptive statistical methods like frequency distribution tables, percentages and Chi-square was used for the hypotheses.

### RESULTS

Table 1 showing the demographic data of the participants.

From table 1 by gender distribution ,majority 130 : 65% of the participants were males and 70:35% were females. Age distribution of the participants showed that majority 110 : 55% were between 15 and 16 years, 56 : 28% were between 17 and 18 years, 24 : 12% were below 15years while 20 : 10% were between 19 and 20years. Class streaming. showed SSS 1, 60 :30%, SSS 2 ,70 : 35% and SSS 3, 70 : 35%. and Religious distribution of the participants showed that majority i.e. 165 : 82.50% were Muslims and 35 : 17.50% were Christians.

Five null-hypotheses were identified for this study and the same tested with Chi- square statistic measure.

#### *Hypothesis One*

It is expected that parental care would significantly influence the involvement of students in drug addiction.

Table 2 showed the response of participants to the issue of parental care and drug addiction. The result showed that the Chi-square analysis (calculated value) was 7.70. higher than the table value (3.30). Hence, it can be concluded that there is a significant relationship between parental care and drug addiction, indicating that effective parental care prevents drug addiction among Secondary School students.

#### *Hypothesis Two*

It is expected that uncontrolled drug peddlers would significantly increase the students' involvement in drug addiction.

Table 3 showed the participants' response on relationship between illegal drug peddlers and drug addiction. The result showed that the Chi-square analysis was 87.4.Since the calculated value (87.4) is higher than the table value (3) so it can be concluded that there is significant relationship between illegal drug peddlers and drug addiction among Secondary School students since these students have unhindered access to drugs at will and at any time which increases their chances and access to drugs without questioning.

#### *Hypothesis Three*

It is expected that peer groups would significantly enhance the participation of students in drug addiction.

Table 4 showed the responses of the participants on relationship between peer groups and drug addiction. The result indicated that the Chi-square analysis was 35.2 and since the calculated value is higher than the table value (3). Thus, the rejection of the difference was not as predicted so it can be concluded that there is relationship between peer groups and drug addiction

#### *Hypothesis Four*

It is expected that fear of examinations would significantly increase the involvement of students in drug addiction.

Table 5 showed the responses of participants on relationship between fear of examination and drug addiction. The result showed that the Chi-square analysis was 3.53,. Since the calculated value is higher than the table value (3) then it can be said that there is significant relationship between fear of examination and drug addiction. This indicates that drug addiction among Secondary School students can be influenced by fear of examination.

#### *Hypothesis Five*

It is expected that adolescent problems would significantly enhance the involvement of students in drug addiction.

Table 6 showed the responses of the participants on relationship between drug addiction and adolescent problems. The result showed that the Chi-square analysis was 67.8. and since the calculated value is higher than the table value (3). Hence, it can be concluded that there is significant relationship between drug addiction and adolescent problems. This indicates that drug addiction constitutes one of the problems of adolescents.

### DISCUSSION

Gossop (2003) said that few problems are associated with drug misuse especially now that drug addiction is a major public health issue with implications for Health Care System and the society at large as well as expenditure on prevention, treatment and rehabilitation. This burden eventually comes back to the parents who could have given their children sound moral training which they didn't do and now paying dearly for their parental negligence.

Influence of peer groups enhanced drug addiction among secondary school students and this is in line with the adage that says "show me your best friend then I can tell you who you are". This result further confirmed the study of Suchman and Suniya (2007) that there is direct effect predictions that many peer groups/parenting problems have previously been attributed to substance abuses. Although the result of the hypothesis in this direction was at variance with Kobiowu (2006) in the study of Social and Academic implications of Drug Abuse among Students of Obafemi Awolowo University, Ile-Ife, Nigeria. As the study appeared a little surprising as one would have expected that the academic performance of Drug Abusers would be substantially hampered although Holister (1971), West (1972), Miller (1974), Makinde (1974) and Lesters (1977) where all agreed that Drug Abuse has negative Social & Academic implications on the victims but Mayo (2005) still asserted that the academic pursuit of those undergraduates in a study who engaged in drug misuse was not jeopardized and that the abusers did not socialize extraordinarily contrary to seemingly popular expectation.

Bozarth (2001) said some psychologists and Sociologists asserted that adolescents have varying problems but several studies carried out in relation to drug abuse were animal studies which did not model the important psychological variables governing drug addiction. They suggested that psychological processes critical in the etiology of addiction cannot be studied in Animal Models and that environmental influences important in producing an addiction cannot be duplicated in Animal Studies. Although, this position is generally untenable as Animal Models have been developed that accurately represent the primary processes involved in drug addiction.

### CONCLUSION

Today, we are living in the days of advanced technology, days of drug proliferation, when various drugs are introduced into the society sometimes unchecked, where these drugs are controlled by various government agencies; it seems a lost battle as little success recorded and while the curiosity of these teenagers is being exhibited unabated as these young-stars like to try/find out anything including drugs which they may eventually depend on for their survival contrary to their health pattern, no doubt pragmatic and concerted effort is required by all to curb this menace plaguing the society as drug addiction especially in the youths is a threat to all sectors of the economy which incidentally endanger the future of any nation.

### RECOMMENDATION

The habit of misuse of drugs is an intertwined social and health problem so any programme to deal with this cankerworm that has eaten so deep into the society must encompass the social, economic, psychological and physiological factors affected by drug abuse. These will include:

Aggressive public health education on the use and misuse of drugs must be done by all at homes, schools, markets,

print and electronic media, religious institutions.

Provision of stimulating psychological environment for these Secondary School students so their energy can be spent on productive things.

Promotion of Mental Health Programmes for both affected and the entire society.

Guidance and Counseling Services should be introduced and implemented religiously in all primary and post-primary schools to give the youths sense of responsibility.

Parents should be stimulated to meet their basic responsibilities to the children or their wards, not to leave their parental duties to the society.

Strict performance at anti-drug laws should be done by various government agencies and disciplinary measures on offenders should be taken.

Production, importation and exportation of drugs without value should be handled with stringent means.

Laboratories where bio-chemical tests can be done easily should be established and be made accessible to all.

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**Table 1 Demographic Distribution of the participants**

*Gender Distribution of the participants.*

Valid	<i>F</i>	%
Male	130	65
Female	70	35
Total	200	100

*Distribution of the age of the participants.*

Valid	<i>F</i>	%
Below 15 years	24	12
15-16	110	55
17-18	56	28
19-20	20	10
Total	200	100

*Classes of the participants.*

Valid	<i>F</i>	%
SS I	60	30
SS II	70	35
SS III	70	35
Total	200	100

*Religious Distribution of the participants.*

Islam	165	82.50
Christianity	35	17.50
Total	200	100

Table 2: Summary of  $X^2$  calculation on relationship between parental care and drug addiction

NO	SA	A	SD	D	TOTAL	df	$X^2$
1	34(42.5)	30(30.5)	20(16)	16(11)	100	3	7.7
2	51(42.5)	31(30.5)	12(16)	6(11)	100		
TOTAL	85	61	32	22	200		

KEY:

SA: Strongly Agree, A: Agree, SD: Strongly Disagree, D: Disagree

Table 3: Summary of  $X^2$  calculation on relationship between illegal drug peddlers and drug addiction.

NO	SA	A	SD	D	TOTAL	df	$X^2$
3	70(45)	20(17)	6(23)	4(15)	100	3	87.4
4	20(43)	14(17)	40(23)	26(15)	100		
TOTAL	90	34	46	30	200		

KEY:

SA: Strongly Agree, A: Agree, SD: Strongly Disagree, D: Disagree

Table 4

Summary of  $X^2$  calculations on relationship between peer groups and drug addiction.

NO	SA	A	SD	D	TOTAL	df	$X^2$
5	50(45)	39(17)	5(23)	6(23)	100	3	35.2
6	40(43)	16(17)	37(23)	7(15)	100		
TOTAL	90	55	42	13	200		

KEY:

SA: Strongly Agree, A: Agree, SD: Strongly Disagree, D: Disagree



Table 5; Summary of  $X^2$  calculations on relationship between fear of examination and drug addiction.

NO	SA	A	SD	D	TOTAL	df	$X^2$
7	50(44)	35(38)	10(12.5)	5(5.5)	100	3	3.53
8	38(44)	41(38)	15(12.5)	6(5.5)	100		
TOTAL	88	76	25	11	200		

KEY:

SA: Strongly Agree, A: Agree, SD: Strongly Disagree, D: Disagree

Table 6: Summary of  $X^2$  calculation on relationship between drug addiction and adolescent problems.

NO	SA	A	SD	D	TOTAL	df	$X^2$
9	15(42.5)	32(30.5)	11(16)	11(6)	100	3	67.8
10	18(42.5)	8(30.5)	30(16)	44(11)	100		
TOTAL	69	40	41	50	200		

KEY:

SA: Strongly Agree, A: Agree, SD: Strongly Disagree, D: Disagree

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